

# Hampton KatDancin' Studio

**ZUMBA** – All levels; 15 Max

**MONDAY, WEDNESDAY & FRIDAY @ 10:30am**

**SAT: 9:00am      MONDAY 6:00pm      THURSDAY 6:00pm**

ZUMBA is a Latin based dance/fitness program designed to be a great cardio workout as well as hard “core”. It is fun to dance to the lively music and follow the easy dance steps, while making friends and burning lots of calories. This is a safe and effective class for everyone, so don't be shy. It is definitely a mood booster!

**ZUMBA TONING** - 15 Max

**TUESDAY & THURSDAY @ 10:00am**

ZUMBA TONING raises the bar (or rather the toning sticks) when it comes to body sculpting. Learn how to use lightweight, maraca- like toning sticks to enhance rhythm and tone all the target zones, including arms, abs, and thighs. It is the perfect way to sculpt your body naturally while having a total blast!

**STRENGTH, STRETCH & SCULPT** - 15 Max

**MONDAY, WEDNESDAY & FRIDAY @ 9:00am**

**WEDNESDAY 5:30pm**

STRENGTH, STRETCH & SCULPT is a fun fitness class designed for everybody. We aim to create a playful environment while we work on improving cardiovascular health, muscular strength and endurance, body composition, flexibility, speed, power, agility, balance and coordination. Participate in a safe and effective total body workout using balls, hand held weights, and stretch bands while sitting comfortably in a chair. Part of the time we will be doing easy dance stepping and standing as well. Have fun and make new friends (or bring along an old one) while you improve your mood and learn more about your own body.

**SPLASH DANCE** – 15 Max

**TUESDAY & THURSDAY @ 11:00am**

SPLASH DANCE is a combination of dance and exercise done in a heated pool. We mix in a bit of fun movement games, keep things lively, work hard, but laugh often and get in great shape doing it. (There is also a hot tub and sauna available)

**10 CLASS PASS \$70.00 (\$60.00 for Seniors)**